

## SIZING UP MY DIET

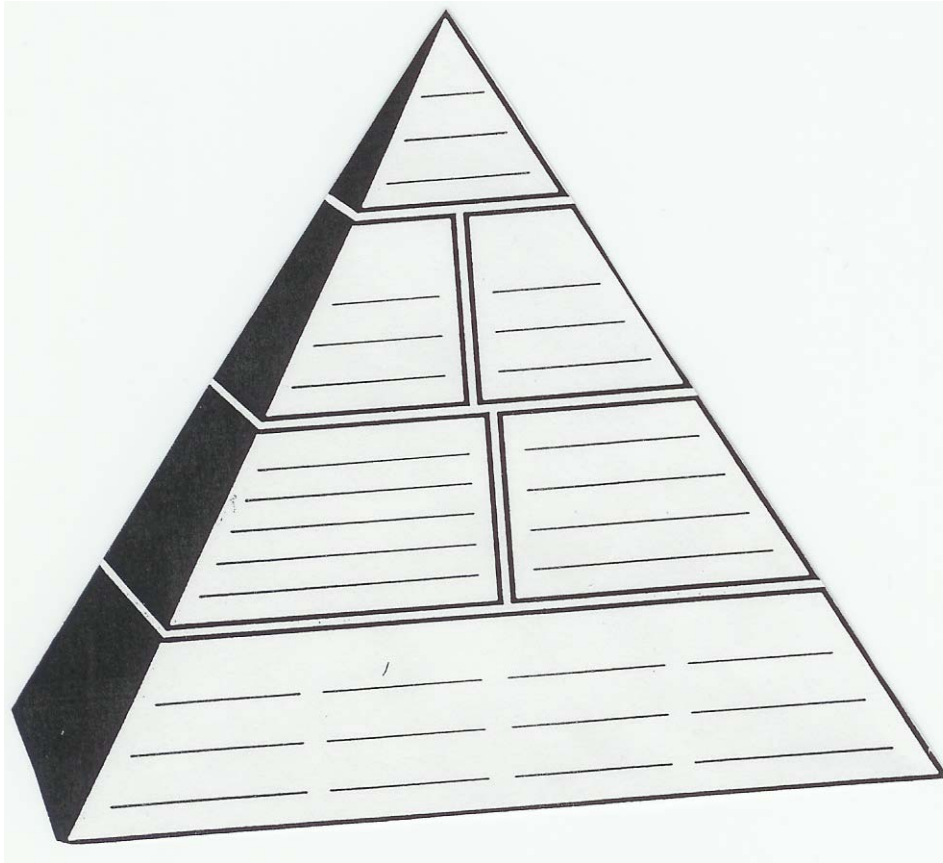
### Personal Pyramid

**Directions:**

Each time you eat or drink anything, draw or write the name of the food or beverage in the correct food group space on the pyramid. If you eat a food such as cheese pizza, you will record the crust in the grain group, the sauce in the vegetable group and the cheese in the dairy group.

The *Serving Guidelines* chart on page 16 will help if you have questions about where to put foods on your personal pyramid/

At the end of the day, answer the questions at the bottom of this page.

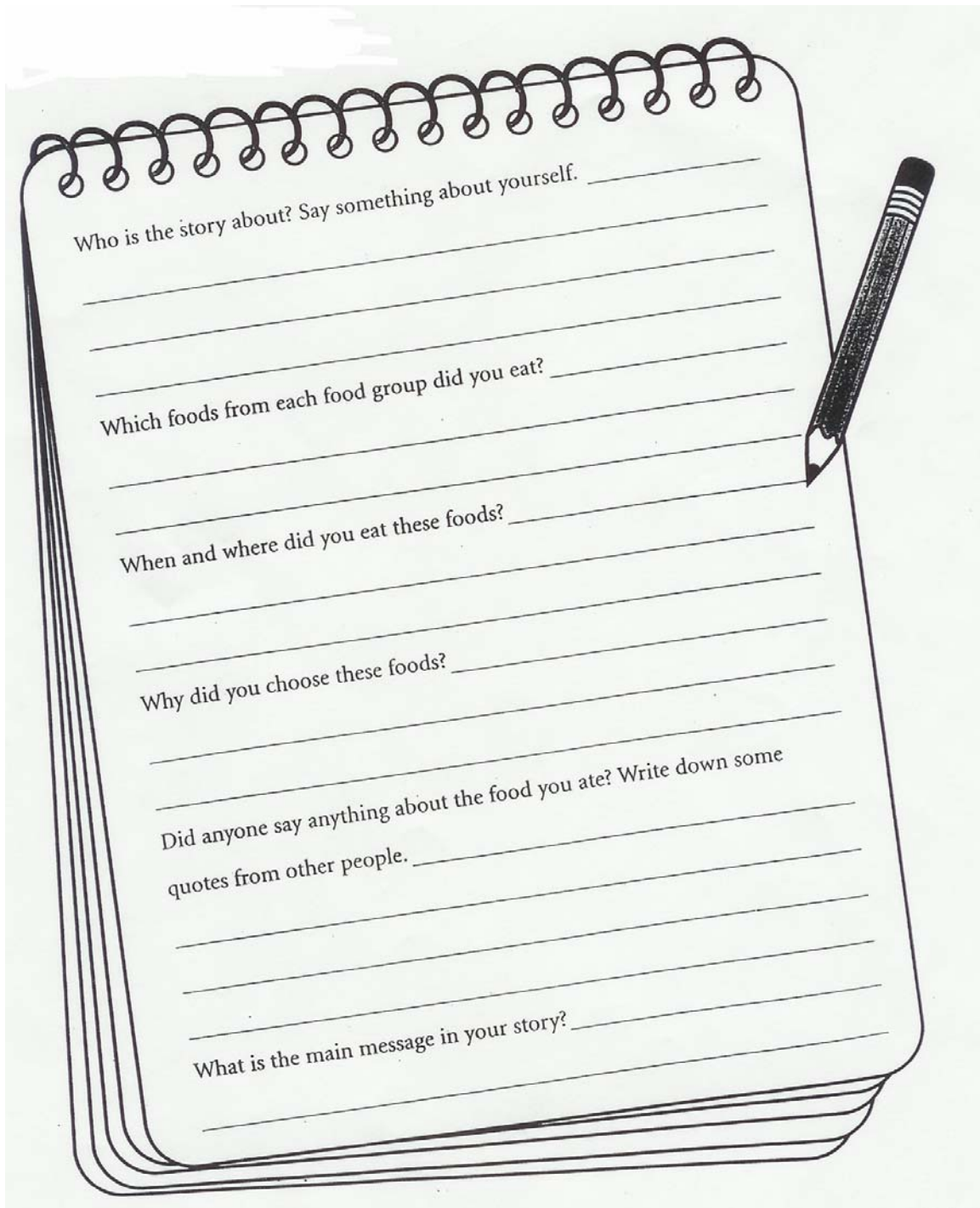
**Questions:**

1. Check your record for balance:  
Did you eat something from every food group?  
List any groups with fewer than the suggested servings.  
List any groups with more than the suggested servings.
2. Was today a “normal” day? Was there anything that happened today that changed your eating habits?
3. Are there changes you could make to better balance your “personal pyramid”?

Name \_\_\_\_\_

# Reporter's Notebook

*Reporters ask questions and take notes before they write a story. These questions will help you organize your food story.*



Who is the story about? Say something about yourself. \_\_\_\_\_

Which foods from each food group did you eat? \_\_\_\_\_

When and where did you eat these foods? \_\_\_\_\_

Why did you choose these foods? \_\_\_\_\_

Did anyone say anything about the food you ate? Write down some quotes from other people. \_\_\_\_\_

What is the main message in your story? \_\_\_\_\_

Name\_\_\_\_\_

# The Daily Digest

## The Big Story

REPORTED BY

Write your story and draw a picture of what happened.

This image shows a completely blank white rectangular area enclosed within a thin black border. There are no markings, text, or illustrations present on the page.This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet.



# Lewis and Clark Fitness Challenge

Your child is participating in an exciting program to improve the fitness of Montana's youth: *The Lewis and Clark Fitness Challenge*. You can support this program at home – by helping your whole family eat well and be more active.

Children need your help to learn about healthy choices in many areas of their daily lives. Food and nutrition are no exception. Kids need parental guidance and positive role models for making sensible choices – in meals, snacks, beverages, treats, and foods away from home.

For most American families, choosing sensibly means eating fewer foods that are high in fat, sugar and salt. The good news is that this leaves more room for fruits, veggies and whole grains. Here are five easy ways for your family to make sensible, tasty choices – anywhere and anytime you eat and drink.

## Choose SENSIBLY.

### 1. Choose meals carefully.

- ✓ Think of your plate as divided in thirds. Fill one-third with grains, like rice, pasta, bread, or rolls. Choose whole grains whenever you can. Fill another third with cooked or raw veggies and/or fruit. Choose lean meat, fish or poultry for the final third.

### 2. Choose snacks carefully.

- ✓ Snacks can be a tasty source of high-energy nutrients – or an extra load of fat, sugar and salt. Create your own power snack with a combo of nuts, cereal and dried fruit. Choose veggies and fruit – like baby carrots, apples or grapes – whenever you can.

### 3. Choose beverages carefully.

- ✓ A 12-oz. can of a regular soft drink contains 10 teaspoons of sugar (and 150 calories) – with no nutrient value at all. A nutrient-rich alternative is fat-free milk, packed with protein, calcium, and a dozen other nutrients – all for only 90 calories per 8-oz. glass.

### 4. Choose treats carefully.

- ✓ Enjoy the natural sweetness of fruit for special treats. Splurge on fresh berries in season and serve as a topping for frozen yogurt and ice cream. Pick out a whole fresh pineapple in the produce department – and serve sweet, fresh chunks with toothpicks.

### 5. Choose fast food carefully.

- ✓ Eating well in the drive-thru lane means saying “no” to super-size offers. Go for the regular burger or grilled chicken with milk or juice. Share some fries and choose a salad when available. Bring a piece of fresh fruit to eat as you walk or drive home.

Developed by: Montana Office of Public Instruction and Eat Right Montana

# **SOUND BYTES: Nutrition and Health Online**

## **Six Sites to help you CHOOSE SENSIBLY.**

1. **Kids Health** ~ developed by The Nemours Foundation

<http://www.kidshealth.org/>

Check out this award-winning site for a wide range of children's health information. There are special sections for parents, kids and teens. The nutrition section includes info on eating from the Food Guide Pyramid and what to do when a snack attack strikes.

2. **Nutrition Explorations** ~ developed by National Dairy Council

<http://www.nutritionexplorations.com/>

Need help with meals in a hurry? Want some easy recipes for kids who like to cook? Looking for the experts' recommendations on serving picky eaters? This site has easy answers to many nutrition questions – and great ideas for children's books about food.

3. **Kidnetic.com** ~ developed by the International Food Information Council

<http://www.kidnetic.com/>

A coalition of organizations, including the American Dietetic Association, recently put up this site to promote nutrition and fitness for kids 8 to 12 (the tween generation). It has a fun recipe section – and lots of helpful information for parents and teachers.

4. **Pork4Kids** ~ developed by the National Pork Producers Council

<http://www.pork4kids.com/>

The newly updated cartoon characters on this site will appeal to kids of all ages. With a focus on pork, this site features lots of nutrition games and family recipes. You can play a Food Guide Pyramid puzzle and build a cyber-sandwich

5. **AboutProduce.com** ~ developed by The Produce for Better Health Foundation

<http://aboutproduce.com/>

Here's a site to help you choose, store and cook fruits and veggies from A to Z. This includes well-known items like apples and zucchini – as well as adventurous new items like atemoya to yucca. This is a truly yummy site with hundreds of tips and recipes.

6. **Meals for You**

<http://www.mealsforyou.com/>

This site is packed with quick mealtime solutions for any family. You can search hundreds of recipes by ingredients, time and special dietary concerns. Every recipe includes nutrition information and can be adapted to the number of servings you need.